

## LEADER PREP

### MAIN POINT

Because of Jesus, guilt doesn't have to be the boss of you.

### SCRIPTURE

Proverbs 4:23

Romans 8:1-2

### THINK ABOUT THIS

Your middle schoolers may feel guilt about lying to their parents, fighting with a friend, cheating on an exam, being mean to a sibling—these are the things most middle schoolers experience guilt over in this phase. Even though those things may seem like less than a big deal to us, the weight of the guilt they feel over them is very real to them. Do your best to help them move from only focusing on what they did to how they can better respond to the guilt they feel. Also remember that for some students, guilt isn't a bad thing. They may need to understand that what they've done or said is wrong.

*Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.*

## DISCUSSION QUESTIONS

### THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message.
- What is your favorite skittle flavor, or do you like them all the same?
- What's the silliest thing you've ever felt guilty and apologized for (*Leaders: Give an example - for example, my husband is a big Star Wars fan and I got who has which color lightsaber mixed up and he got mad - so I apologized.*)

### THE WORD

- READ Proverbs 4:23. In your own words, what does it mean that everything flows from the heart?
- READ Romans 8:1-4. In your own words, what do you think this is saying?
- If we were to truly believe Jesus takes away our shame and guilt, how would that change how we live?
- Do you think anything we can do is so bad God can't forgive us? Why or why not?

### APPLICATION

- Following Jesus brings us freedom from guilt. How can we remember that our guilt may remind us of wrong things we've done in the past, but that doesn't define us?
- BONUS CHALLENGE: Memorize Proverbs 4:23

### COMMUNITY BUILD

- How can we, as a group, create a safe place for all of us to share without feeling guilt or shame or decisions we've made in the past?
- How can we connect outside of small group time and have fun together?

### PRAY

We are going to close in prayer. Anyone have any prayer requests? And if ANYONE wants to talk more about what it means to accept Jesus for the first time, let's talk write after prayer time!

### **PROVERBS 4:23 NIV**

"Above all else, guard your heart, for everything you do flows from it."

### **ROMANS 8:1-2 NIV**

"Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you[a] free from the law of sin and death."

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### **NOTES**